

Food Science & Nutrition

Level 3 Diploma



What will I learn?

Learners complete three units: two mandatory and one optional. The first mandatory unit will enable the learner to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts, and through on-going practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals.

The second mandatory unit will allow learners to develop their understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production in the home or wishing to work in the food industry. Again practical sessions will support the gaining of theoretical knowledge and ensure learning is a tactile experience.

How will I learn?

At Rednock we will use a wide variety of teaching methods to teach you both the practical and theory knowledge you require to succeed in this qualification. There is a strong emphasis on practical work where you will develop high level food skills each week. Demonstrations will be regularly given to introduce you to new techniques. These practical lessons will not only increase your knowledge of food preparation but also prepare you for the assessed practical assignments at the end of the course.

Throughout the course we will use a variety of teaching methods, from group work to allow you the opportunity to develop teamwork skills, Independent study providing opportunities to gain independence and develop organisation skills, and traditional note taking and discussion lessons to ensure you are equipped with the knowledge for the written elements of the course.

How will I be assessed?

You will be assessed through both internal and externally set assessments, which will look at both your practical and theory knowledge of the subject.

FAQs.

Do I need to have studied Food before?

No. We will consider students that have not taken Food at GCSE though knowledge and a passion for Food will be most helpful.

Will there be extra curricular activities, visitors & trips?

There will be extra curricular activities available to you that will support and further widen your knowledge of the subject, this may be as after school activities or stretch and challenge sessions within the school day. We also plan to bring visitors into the school to demonstrate areas that they specialise in e.g. fishmongery.

What subjects complement Food Science & Nutrition?

Other subjects that would compliment the qualification are Biology, Chemistry, Sociology, Physical Education, & Health & Social care for example.

Exam Board

WJEC

Skills Gained

High level cooking skills
Time management
Sequencing of tasks
Problem solving
ICT & Maths skills
Teamwork in a professional environment
Research skills
Level 2 Food hygiene certificate

Careers

Nutrition
Dietetics
Food Science
Sport Science
Product Development
Marketing
Food & Consumer Studies
Environmental Health
Hospitality and Catering
Leisure and Tourism
Social Work
Health & Social Care
Nursing
Teaching